

## **Abstract**

The invention relates to a weight lifting apparatus which provides for the center of gravity of a weight to be maintained below the point where the apparatus is gripped by a user, as the user raises and lowers the apparatus. The center of gravity of the weight is thus maintained  
5 centered about the user's body, which improves the user's control of the weight and improves efficiency of the exercise. In one embodiment the weight lifting apparatus comprises a frame having a handle disposed thereon; and a member extending from the frame for attaching one or more weights thereto, the member being substantially co-planar with the frame; wherein the handle swivels about its longitudinal axis.

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